

## Appendix F

### Low Cost Bicycle Helmets and Other Bike Safety Programs

Organization	Contact info	Bike Helmets + Custom Fitting	Other services
Auburn Regional Medical Center	253- 833-7711	\$4 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays every month 3-5:30 p.m. at Main Entrance/ Atrium area	
Bicycle Alliance of Washington	206-224-9252 Linda Schwartz lindas@bicyclealliance.org	----	Consultation and education for PTA's around bike helmets and bicycle safety
Bike Works	206-725-9408 Suzanne Carlson	Sells but not at low cost  <a href="http://www.scn.org/bikeworks/welcome">www.scn.org/bikeworks/welcome</a>	Students 9-17 from Rainier Valley and surrounding communities can participate in the "Earn A Bike" Program: for \$25 (scholarships available), students learn how to repair bikes during a 9-week course. They also spend time working on a bike of their choosing, and after a specified number of hours, the bike becomes theirs for free. A helmet and lock are also provided at the completion of the program. Bike Works also sells "recycled" bikes and provides bike repair services to the community.
Brain Injury Association	425-895-0047 www.biawa.org	Free, mostly in spring and summer at special events	Free ski and snowboarding helmets in winter
Cascade Bicycle Club	206-523-1952 Julie Salathe cbcedu@cascade.org	\$8 during Bike Lake Washington Saturday & Sunday summer events. Also available from Julie throughout the year by	Free consultations on bike safety education, safe riding routes; free/low cost helmets, helmet fitting; bike rodeo consultations & equipment; safety brochures & video lending; "Sprocket Hero"

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		appointment.	assemblies; information about PE curriculum materials.
Earth Force's "Get Out Spoke'n"	<a href="http://www.earthforce.org/resources">www.earthforce.org/resources</a>	----	Ideas to make schools and communities more bike friendly.
Federal Way Helmet Coalition	253-839-6234	\$5 bike helmets, \$7 multi-sport style helmets sold during at least 4 community events per year	
Head Injury Hotline	206-621-8558 Constance Miller <a href="http://www.headinjury.com">www.headinjury.com</a>	Free helmets if come to office	Consultation and education on the long-term effects of head injuries. Speakers' Bureau that targets messages to any age audience. Traveling fee for outside City of Seattle.
Helmets R Us	<a href="http://www.helmetsrus.net">www.helmetsrus.net</a> 253-627-2121	Sells \$3.95-\$5.95 bike helmets, \$6.50 multi-sport helmets to groups & organizations only	
Mary Bridge Children's Hospital – Tacoma	253-403-4665 Caroline Mayer	\$5 bike helmets, \$7 multi-sport style helmets Tuesday 9-11 a.m. Wed. 11-12:30 p.m. Friday 2-4:30 p.m.  Life jackets also for sale	Trains teachers to use 4 <sup>th</sup> grade "Safety Central" curriculum (Federal Way, Auburn, & Pierce Co. schools). Mary Bridge staff comes into classroom to help kids fit their own helmets and take them home for free.
Covington Multicare Clinic	253-403-4550	\$5 bike helmets \$7 multi-sport style helmets 2 <sup>nd</sup> Tuesday of every month, 3-5 p.m.	Sponsored by Mary Bridge. Life jackets also for sale at same time.
Pediatrics Northwest, Federal Way	253-941-7229	May -- August ONLY \$5 bike helmets, \$7 multi-sport style helmets	Sponsored by Mary Bridge. Life jackets also for sale.

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		2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of every month, 10:30-12:30 p.m.	
Virginia Mason Federal Way Pediatrics	253-874-1616	May – August ONLY \$5 bike helmets \$7 multi-sport style helmets 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of every month, 3-5 p.m.	Sponsored by Mary Bridge. Life jackets also for sale.
Odessa Brown Children's Clinic	206-987-7200 Paula Holmes	Free helmets given out at annual summer health fair in June	
<a href="http://www.prorider.com">www.prorider.com</a>	Online ordering only	Sell \$4.95 - \$8.95 bike helmets to schools, organizations, & individuals	Also sells multi-sport and ski/snowboarding helmets.
<a href="http://www.prorider.com">www.prorider.com</a>	Online ordering only	Sell \$4.95 - \$8.95 bike helmets to schools, organizations, & individuals	Also sells multi-sport and ski/snowboarding helmets.
Think First of Washington	206-521-1880 <a href="mailto:think1st@u.washington.edu">think1st@u.washington.edu</a>	Limited supply of free helmets to low income students	Offers free assembly program on bicycle helmet use, speakers with brain injuries to speak at schools
University of Washington Hall Health Primary Care Center	206-616-8476 Mark Shaw	\$12 for helmets that fit ages 9 and up \$30 ski helmets for ages 10+	Call before coming for further info and appointment
Valley Medical Center—Renton	425-228-3440	\$5 1 <sup>st</sup> Monday of every month 3-7 p.m. Kids Health Quarters/2 <sup>nd</sup> floor near fountain	

<b>Fire and Police</b>	<b>Contact info</b>	<b>Bike Helmets + Fitting</b>	<b>Other Services</b>
Auburn Fire	253-931-3060	--	Incentive coupons*^
Bellevue Police	Officer Rob Wood 425/452-2880	\$5.50 every May at community safety fair	Will work with schools and PTA's to supply helmets, train how to fit helmets, & put on Bike Rodeos.
Black Diamond Fire	360-886-1678	\$5	Incentive coupons*^
Bothell Fire	425-486-1678	\$6	Incentive coupons*^
Duvall Firefighters Assn.	425-788-1625	\$5	
Enumclaw Police	Sergeant Bob Huebler 360/825-3505	--	Bike officers willing to speak within schools.
Fall City (Fire District #27)	425-222-5841	\$5 donation for free helmets at annual summer event and individually at station	
Federal Way (Fire District #39)	253-946-7246 Debbie	\$5 bike helmets \$7 multi-sport helmets	Incentive coupons*^
Kent Fire	253-856-4482	Free for now / limited supply	
Kent Police	Cessie Medina 253/856-5884	Provides helmets to individual students by referral from school staff	Provides bike helmet/safety education to schools. Works a lot within low-income apartment neighborhoods in Kent.
King County Medic 1	206-296-8550	\$6 donation for bike helmets, Available at Flight Museum Kids' Fair & King County Bicycle Fair	Incentive coupons*^
Kirkland Fire	425-828-1293	--	Incentive coupons*^
Maple Valley Fire	425-432-0200	\$5	
Mercer Island Fire	206-236-5323	\$6 at annual Safety Day	Incentive coupons **
Mercer Island Police	Sergeant Steve Hyatt 206/236-3500		Bike Rodeos for elementary schools

North Highline Fire	206-243-0330	Free helmets and fitting	
Northshore (Fire District #16)	425-486-2784	Just starting program	
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Pacific Police	Julie Fairbanks 253-929-1120	Provides helmets to community members for up to \$5	Hands out McDonalds' coupons for free ice cream to kids riding safely/wearing helmets.
Redmond (Fire District #34)	425-556-2226	\$6 / \$7-10 multipurpose	Education & consultation
Redmond Police	Nan Dyer 425-556-2500	\$6-\$10 (bike, multi- purpose, ski helmets) every day at Police & Fire Substation at Redmond Town Center 425-556-2692 or 2693 Monday-Friday 12-4:30 p.m.	Pedestrian & bicycle safety education offered to 1 <sup>st</sup> – 3 <sup>rd</sup> graders. Contact Officer Greg Twentey 425-556-2533
Renton Police	Officer Steve Ritchie 425-430-7513	--	Will work with schools as requested and based on time & availability of officers.
Seattle Fire	206-386-1337 Charity Burns	--	Education & consultation
Shoreline Fire	206-533-6500	\$5 bike/\$7 skateboard	Education & consultation
Woodinville Fire & Safety	425-483-2131 Dave Leggett	\$5	

\* Subway restaurant coupons handed out to youth riding with bike helmets

^ Subway coupon program organized by Ellen McVicker, Tacoma Fire Department, 253-594-7982, emcvicke@cityoftacoma.org

\*\* Other than Subway, e.g. McDonald's, Baskin Robbins